

# Role Profile

## Accredited (BACP or equivalent) Counsellor/psychotherapist (Self-Employed)

- Duration:** 2 year agreement
- Location:** Covering the whole of Derbyshire
- Requirements:** Minimum 10 clients per week, flexible appointments including weekend and evening work
- Disclosure:** This position is subject to satisfactory references and other pre-appointment checks, and an enhanced DBS check and subsequent re-checks.

### Role Purpose:

As a Counsellor/Psychotherapist the post holder will work on behalf of DRCS providing time-limited interventions within our IAPT contract and also offer interventions and support to clients outside of this contract. The post holder will work with clients who have a range of mental health problems, including anxiety and depression, for which counselling is demonstrated to be clinically effective. They will be based in sites across the county of Derbyshire. The post holder will, on occasion, work with people from different cultural backgrounds and ages, using interpreters when necessary, and should be committed to equal opportunities.

### Main Duties and Responsibilities:

#### 1. CLINICAL

- 1.1. Exercise autonomous professional responsibility for the assessment and treatment of clients in line with the services' requirements
- 1.2. Assess clients for suitability for psychological interventions
- 1.3. Adhere to referral protocols to and from the service
- 1.4. Formulate, implement and review effectiveness of therapy for clients, in line with evidence-based practice and informed by NICE guidelines
- 1.5. Use highly developed communication skills in working with people to understand their personal and often very sensitive difficulties
- 1.6. Conveying counselling and other psychological formulations with sensitivity in easily understood language

- 1.7. Work in a collaborative manner to build resilience and hope focussing on recovery
- 1.8. Adhere to the standard DRCS client/therapist contract and ensure treatment delivery remains accessible and convenient
- 1.9. Complete all requirements relating to data collection
- 1.10. Keep coherent records of all clinical activity in line with service protocols
- 1.11. Work closely with DRCS, utilising a stepped care approach.
- 1.12. Undertake risk assessment during your episode of care for individual clients and facilitate appropriate onward referrals as per the stepped care model
- 1.13. Liaise with other health and social care staff from a range of agencies in the care provided to clients.

## **2. TRAINING**

- 2.1. Attend relevant training events / CPD activities as required by your professional body, and ensure records are maintained regarding Continuous Professional Development
- 2.2. Successfully complete training for a NICE recommended modality (Person Centred experiential Counselling for Depression, Couples Counselling for Depression, Inter Personal Therapy, Dynamic Interpersonal Therapy or Eye Movement Desensitisation and Reprocessing)

## **3. PROFESSIONAL**

- 3.1. Ensure the maintenance of standards of practice according to protocols and policies of DRCS and any regulating, professional and accrediting bodies (BACP), and keep up to date on new recommendations/guidelines set by the Department of Health, National Institute for Clinical Excellence etc.
- 3.2. Ensure that client confidentiality is protected at all times.
- 3.3. Be aware of and keep up to date with advances in the spheres of counselling and other psychological therapies.
- 3.4. Attend clinical supervision on a regular basis as agreed and at least at the minimum frequency required for accreditation.

This Role Profile does not provide an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.